



The Biomedical Naturopath

WHOLE FOOD SNACK IDEAS

Welcome to my Whole Food Snack Guide, where I share some of my favourite snacks to keep you feeling energised and satisfied throughout the day

Apple or Banana Slices or with Almond or Peanut Butter

Enjoy 1 small apple with 1 tablespoon of almond butter. The combination of fibre from the apple and healthy fats from almond butter helps keep you full and stabilises blood sugar levels.



Carrot Sticks with Pipel Hummus



Snack on 1 medium carrot with 2 tablespoons of hummus. Carrots are rich in fibre and hummus provides protein and healthy fats for sustained energy.

Hard-Boiled Egg

Have 1 hard-boiled egg for a protein-packed snack. Eggs are a great source of high-quality protein and essential nutrients.



Plain Greek Yoghurt with Berries

Enjoy 1/2 cup of plain Greek yoghurt with 1/4 cup of mixed berries. Greek yoghurt offers protein and probiotics while berries provide antioxidants and fibre.



Cucumber Slices with Cream Cheese



Indulge in 1/2 cucumber with 1 tablespoon of cream cheese. Cucumbers are hydrating, while cream cheese adds flavour and a touch of protein.

Venerdi Paleo Bread with Avocado

Toast 1 slice of Paleo bread and top it with 1/4 of a sliced avocado. Avocado offers healthy fats and fibre while Paleo bread provides a grain-free option.



Flats crackers with hummus

Enjoy 4 flat crackers with 3 tbs hummus.

Coyo Coconut Yoghurt with Almonds

Have 1/2 cup of Coyo coconut yoghurt, mixed with 1 tbs Bush Tucker Collagen Protein, 1 tablespoon of almonds and ½ cup berries. Coconut yoghurt offers a dairy-free option with probiotics, and almonds plus collagen add protein and healthy fats.



Celery Sticks with Mayvers Peanut Butter



Enjoy 2 medium celery stalks with 1 tablespoon of peanut butter. Celery provides crunch and hydration, while peanut butter adds protein and healthy fats.

Cherry Tomatoes with Mozzarella Balls

Snack on 1/2 cup of cherry tomatoes with 2 small mozzarella balls. Tomatoes are rich in antioxidants, and mozzarella provides protein and calcium.



Banana with Almonds

Have 1 small banana with 1 tablespoon of almonds. Bananas offer natural sweetness and potassium, while almonds add protein and healthy fats.

Edamame

Enjoy 1/2 cup of cooked edamame. Edamame is a complete protein source and rich in fibre, vitamins, and minerals.



Ricotta with Fruit



1/2 cup of Ricotta with 1/4 cup of fresh berries.

Turkey Roll-Ups

Roll 2 slices of nitrate-free turkey breast with 1 slice of Swiss cheese. Turkey provides protein.



Avocado with Ceres Organic Rice Cakes

Mash 1/4 of a ripe avocado and spread it on 1 rice cake and sprinkle with salt. Avocado offers healthy fats and fibre, while rice cakes provide a crunchy base.

Capsicum Slices with Guacamole

Enjoy 1/2 red capsicum with 2 tablespoons of homemade guacamole. Capsicums are hydrating and rich in vitamin C, while guacamole adds healthy fats and flavour.



Tuna Salad Lettuce Wraps



Mix 1 can Pan Do Mar tuna with 1 tablespoon of Greek yoghurt, and wrap it in 2 large lettuce leaves. Tuna offers protein and omega-3 fatty acids, while Greek yoghurt adds creaminess and probiotics.